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centenary

the newham mag

issue 386 // 23 March – 05 April 2018 // Every fortnight



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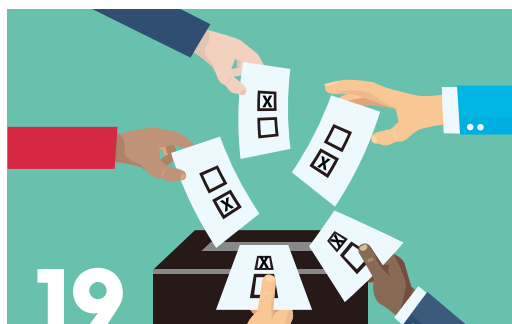
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News

A place for every child at secondary school, despite rising numbers

Every child who applied to Newham Council for a place at secondary school starting in September has received a slot.

Figures from the Pan London Admissions Board show that in Newham 90 per cent of pupils were offered a place at one of their top three choices of secondary school, with almost 70 per cent getting into their first preference school. Both scores are above the average for the rest of London combined, which was 87.3 per cent and 66 per cent respectively.

The data shows Newham is sixth in London out of 33 authorities for the percentage of pupils offered a place at one of their first three preferences and eighth in London for first preference offers.

Newham received 4,536 applications for secondary school places by the closing date of 31 October 2017. Of the total, 3,169 pupils were offered their first preference; and 4182 pupils were offered one of their first three preferences.

Overall 95.75 per cent (4,343 pupils) were offered a place at one of their six preferred schools. A small number of pupils (193) who could not be offered a place at any of their preferred schools, have been allocated places at the school closest to their home that still had places available.

Included in the figures are 224 Newham children who gained places at schools outside the borough. In addition 273 pupils who live outside Newham were

offered a place in the borough's secondary schools as part of Pan London co-ordination. Of these, 45 had a sibling at the school who is reasonably expected to still be on roll in September 2018.



We want to see our pupils succeed at secondary school

90 per cent offered a place at one of top three choices

News

Top class school saluted

A school in Plaistow has been awarded a special plaque to celebrate it being named as one of the top 20 best in the United Kingdom.

Curwen Primary and Nursery School in Plaistow has appeared in The Times School Guide 2018, which identifies the 500 highest-achieving junior schools ranked by their most recent examination results.

Curwen was one of ten Newham primary schools in the Times' list with three featuring in the top 20. Top of the list was St Stephen's School in Upton Park, who have already received a plaque, followed by St Antony's in Forest Gate in ninth and Curwen in eighteenth. Others in the top 500 were Monega, Cleves, Tollgate, Hallsville, Ravenscroft, Southern Road and Star.



Pupils with their plaque

Fly-tippers are fined



The bags of rubbish dumped by Allen

Two fly-tippers have been fined after being found guilty of dumping waste on the streets.

Chris Allen, 65, from, East Ham, dumped more than 100 bags of builders' waste in Whittings Way, Beckton, in February. Officers from the Newham Fly-tip Task Force discovered the rubbish, which included tarmac, soil, clay and building material. Amongst the waste, officers discovered letters which led them to Allen.

At Thames Magistrates Court Allen was ordered to pay £4,520 in fines and costs. Newham Council also seized his "caged" Ford Transit van.

At the same court Constantin Cristian Spataru, 33, from Stratford, admitted dumping domestic waste and a large quantity of wood in Folkestone Road, East Ham, on 9 October last year. He was caught on CCTV cameras dumping the waste. Thames Magistrates ordered him to pay £1,840 in fines and costs.

Three schools in nation's top 20

...in brief

Stratford Library is open as usual

Residents are reminded that Stratford Library is open for business as usual despite the improvements being done to the pavement directly outside the building.

The works will be done in two parts. The first, which began in early February and will be completed on 2 April, began outside the library in The Grove. They go from the entrance of Morrisons Car Park down to the junction of Romford Road.



Improvement works outside the library

The second part will begin in the middle of the parade outside the library and Café Mondo. This work will begin on 2 April and will run until 13 July.

The width of the pedestrian footpath will be reduced and only one library door will be in operation while the works are being done but residents will still be able to access the library as usual.

New look website launched to help spot cancer early

Residents are urged to visit a newly re-launched and improved website to learn more about the signs and symptoms of the top five most common cancers – bowel, breast, cervical, lung and prostate.

The website launched by UCLH Cancer Collaborative, a network of NHS trusts, GPs and health service commissioners across north and east London, also contains information on national cancer screening programmes, local events and services as well as frequently asked questions. **For more information visit www.smallc.org.uk**

Stadium parking restrictions

Parking restrictions are in place around London Stadium in Queen Elizabeth Olympic Park on West Ham United match days.

Controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones are extended and apply from 8am to 9pm. Only permit holders can park in RPZs at this time. The next event days are Saturday 31 March (Southampton).

Calling budding star gazers

Astronomy sessions for families will run once a month at East Ham Community Neighbourhood Centre and Library. The sessions, run by one of Newham's Community Builders Vincent Morris, will be scheduled for a date and time to make the most of the weather, and phase and position of the moon.

For details contact 020 3373 0827 or email **CN.Eastham@newham.gov.uk**

Test for tuberculosis

Residents who have experienced a persistent cough, fever, weight loss or night sweats are urged to get themselves tested for tuberculosis. Although rates of the disease in Newham have been falling they are still too high.

It is recommended that all babies up to one year old receive the BCG vaccination to help protect them from TB. For more information visit **www.nhs.uk** or **www.thetruthabouttb.org**

Library still open for business



Celebrating women's achievements

Just under 400 residents gathered at Newham Town Hall earlier this month to celebrate International Women's Day and the contributions local women have made to their communities.

The event was one of several organised by Newham Council to mark 100 years since some women were given the right to vote in the UK. It included dancing, music and speeches from Gail May, University of East London's director of civic engagement, and Faith Johnson, managing director for local creative arts charity, Caramel Rock.

Thirteen women were also recognised for their commitment and dedication to supporting and empowering women in Newham. They include:

Nicole Bello - Conversation Café ambassador

Ibi Adelaja - signposts and supports women to get into employment via Newham Workplace

Hannah Martindale - activeNewham volunteer coordinator, instrumental in training and supporting volunteers

Mutiati Ariyo - Conversation Café ambassador and female

genital mutilation (FGM) champion

Jane Williams - founder of the Magpie project which supports single mothers living in temporary accommodation

Luljeta Nuzi - founder of the Shpresa Programme, promoting integration of the Albanian community in Newham and the UK

Emma J. Wood - NewVic tutor manager who organised a campaign to raise awareness of FGM and a Conversation Café ambassador

Andrea Weyland - NCT antenatal teacher, breastfeeding counsellor and peer support trainer

Lorraine Tabone - founder of Lola's Homeless, a community group providing practical support and advice to homeless people in Newham

Sameena Ismail - Conversation Café ambassador

Jessie Brett - provides breastfeeding support for new mothers at Newham University Hospital and supports the council's Conversation Café





Discover Newham's road to justice

One hundred years ago, eight million British women secured the right to vote after a long struggle by the Suffragette movement. Since 1918 many sections of society have engaged in their own individual journeys to justice. A travelling exhibition that charts some of the key developments through the eyes of those who lived through them, has arrived in Newham.

Journey to Justice Newham, a multi-media exhibition about human rights, opened at Beckton Globe Library on 5 March and will run until 30 April. It chronicles many local stories reflecting the struggles of people in Newham as well as the worldwide stories, including

those who fought segregation in America.

The exhibition has been made possible with the aid of a Go For It grant from Newham Council applied for by Stratford-based Living Song, who are key partners in the exhibition and related events.

In addition to the exhibition at the library there is a series of workshops at locations across the borough. They include a talk at Custom House and Canning Town Community Neighbourhood Centre and library on 4 April. At the free event, held between 6pm and 8pm, Maria Xavier will talk about her father Asquith who in 1966 applied to be a guard at Euston train

station but was rejected because of the 'colour bar' which was legal at the time. Maria will shed light on how he challenged the authorities.

Also speaking is Goga Khan who in 1982 was one of the Newham 8, a group of young Asians whose case upheld the right of self-defence and highlighted racism in the police force. Goga will tell the story of the group.

For more details of events visit www.journeytojustice.org.uk/projects/journey-to-justice-newham
For any other details contact musicandfreedom@journeytojustice.org.uk



Cricket i



Essex Cricket



Newham residents have another fantastic opportunity to watch first class cricket this year thanks to our partnership with Essex Cricket. Newham Council has up to 100 tickets to give away for every day of the Specsavers County Championship games and Royal London One-Day Cup games taking place at The Cloudfm County Ground, Chelmsford.

Essex will be looking to defend the County Champions title they won last year for the first time in 25 years. Tickets normally range from £10 to £28 depending on the match and when the ticket is bought.

Residents who apply for free tickets (maximum of four per household for each day) will also be automatically entered into a ballot to win two tickets for the first day of the Essex match against India, the number one Test team in the world. Stars including Virat Kohli, Cheteshwar Pujara and Ravi Ashwin will be looking to finalise their

preparations before the Test series against England begins.

Since it was launched last year, the partnership between the council and Essex Cricket has given more than 3,000 residents the opportunity to participate in the game, either by playing, coaching or watching first class cricket in Chelmsford. Across the borough, 19 locations provided residents with the opportunity to play cricket on 260 days last year.

The partnership aims to help make Newham the cricket capital of east London by 2020. New cricket facilities are being developed across the borough to allow young people to follow in the footsteps of local cricketing stars such as England and Essex all-rounder Ravi Bopara, from Forest Gate, and Saba Nasim, from East Ham.

Special partnership branded equipment including bats, stumps and balls will also be distributed to primary schools in time for the start of this year's cricket season and at community events throughout the year.



Essex Cricket Team celebrate taking a wicket



Young players from Stratford & West Ham Cricket Club practise on the Essex pitch

is back for another innings



Young players from Stratford & West Ham Cricket Club and Newham Cricket Club played on the Essex pitch during a break in the West Indies tour match



Ashar Zaidi hits a fine shot

Mark Perkins, Newham's Commissioning Leader (Community Neighbourhoods, Leisure & Culture) said: "I am delighted the partnership with Essex Cricket is going from strength to strength and helping to take the game of cricket to a whole new level across the borough. It is fantastic news that more Newham residents than ever will be able to take advantage of the free ticket offer and be in with a chance to watch India, the number one Test team in the world."

2018 cricket fixtures

20-23 April - Lancashire (Specsavers County Championship)

4-7 May - Yorkshire (Specsavers County Championship)

25 May - Somerset (Royal London One-Day Cup) (Floodlit)

27 May - Surrey (Royal London One-Day Cup)

30 May - Glamorgan (Royal London One-Day Cup)

6 June - Kent (Royal London One-Day Cup) (Floodlit)

25 July - India (Tourist Match)*

29 August - 1 September - Hampshire (Specsavers County Championship)

4-7 September - Surrey (Specsavers County Championship)

18-21 September - Worcestershire (Specsavers County Championship).

*Tickets for this match will be decided by ballot only.

How to apply for tickets

To apply for tickets, visit www.newham.gov.uk/cricket and enter your details via the online form.

Tickets will be allocated on a first come, first served basis (except the India tourist match). Before applying, please ensure you read our full terms and conditions, available on the website.

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3 - 4 April 2018

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MARK THOMAS

Showtime

From The Frontline

with Faisal Abu Alhayjaa and Alaa Shehada
Directed by Joe Douglas

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"A genuinely vital piece
of theatre"
AllEdinburghTheatre.com

★★★★★
"Defiant comedy that gives
a voice to the voiceless"
The Guardian



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10 - 21 April 2018

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Manor Park Fitness Centre, 464 High Street North, Manor Park E12 6QN
Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

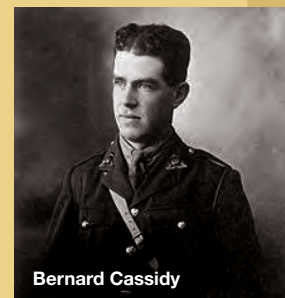
*This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

To find out more call **0300 124 0123†** or visit
www.activeNewham.org.uk/together

in partnership with

Newham London

Remembering hero of the Great War



Bernard Cassidy

Bernard Cassidy

On Wednesday 28 March a commemorative stone will be laid by Newham Council in the Cenotaph area of Central Park, High Street South, East Ham, to honour Bernard Cassidy who was awarded the Victoria Cross for his gallantry during the Great War.

Residents are invited to attend the ceremony which starts at 10.15am. It is the last in a series of events honouring the borough's five First World War VC recipients.

Bernard Cassidy was born in August 1892 and lived in Canning Town when he and his brother John joined up. Bernard was assigned to the 2nd Battalion of the Lancashire Fusiliers and was sent to the battlefields of France.

On 28 March 1918 at Arras during the German's Spring offensive, Bernard, a Second Lieutenant, was in charge of his company on the left flank of his battalion and was ordered to hold the position to the last. He was killed in one of the final German offensives of the war. His remains were never recovered.

His death was recorded in the London Gazette where he was praised for his efforts of clearing out trenches and rallying his men while under continuous bombardment. Bernard was awarded the Victoria Cross for his "most conspicuous bravery, self-sacrifice, and exceptional devotion to duty during an hostile attack".

Bernard's stone will be the fifth and final VC stone laid at the cenotaph in Central Park, East Ham, exactly 100 years since his death.

Derek Cassidy, Bernard's nephew, said: "This event is vital to keeping the history of WW1 alive, not only for this generation but for generations to come. It is a wonderful tribute to my uncle's bravery and achievements."



Newham's VC recipients

Lieutenant George Drewry

Act of Bravery: 25/26 April 1915

Captain Edgar Myles

Act of Bravery: 9 April 1916

Boy Seaman First Class Jack Cornwell

Act of Bravery: 31 May 1916

Lance-Corporal Harold Mugford

Act of Bravery: 11 April 1917

Second Lieutenant Bernard Cassidy

Act of Bravery: 28 March 1918

For whom the

bells toll

1,400

BELL RINGERS

This year marks the 100th anniversary of the end of the Great War. Of the six million British servicemen who were mobilised during the war, 700,000 did not come back. Among them were 1,400 bell ringers who rang church bells up and down the country as a hobby.

100TH ANNIVERSARY



Alan Regin

As we approach the centenary of the Armistice, the Government is working with the Central Council of Church Bell Ringers to recruit 1,400 bell ringers as part of the Ringing Remembers project. It is a symbolic gesture to the bell ringers who lost their lives and Alan Regin, 58, from Plaistow, is a bell ringer who is playing his part in the recruitment drive.

Alan was awarded an MBE in this year's New Year Honours List for his services to this traditional art. He said: "The honour was a complete surprise. I had absolutely no idea that people in the background were working to get it for me."

Alan is documenting the war records of bell ringers who fought in the First World War and is part of a campaign to ring bells in local churches on the 100th anniversary of their death.

He began ringing church bells at the age of 11 at the behest of his older brother. He said: "I remember the first day I did it. I was completely hooked. There was the physical part of pulling the bell rope and the fact that it was a team activity. There was I, all of 11-years-old, and there were these other people of completely different ages. I rang with my brother but there were other people, you know, mothers and daughters, fathers and sons."

It became such a passion that when he turned 16, Alan moved to Leicestershire to work at the Bell Foundry in Loughborough. He soon returned south and settled in London to pursue the activity that has become an important part of his life. It has taken him across the country, ringing church bells in many far flung corners of Britain, making him new friends along the way.

Although he still travels, Alan's usual venue now is Christ Church in Spitalfields where he is known as the Steeple Keeper with responsibility for looking after the eight bells in the tower. His association with the church began while he was working in the City of London and although now retired, Alan has maintained the link.

Alan said: "If you're interested in ringing bells, you can be any age but you do need to be able to cope with stairs so you need to be mobile. You don't need to be able to read music but it does help if you have a sense of rhythm."

If you are interested in bell ringing, email **ringingremembers@bigideascompany.org** and you will be matched with a teacher local to you, possibly in Newham.



EARN WHILE YOU LEARN

Gaining new skills, earning a competitive salary and taking the first step towards an exciting career were the themes of an events packed National Apprenticeship Week across Newham between 5 and 9 March.

Farzana Saddiq, 28, began an apprenticeship in December 2016 even though she was working as a sales adviser at the London Aquatics Centre at Queen Elizabeth Olympic Park. She did so well that she won the London Legacy Development Corporation's Apprentice of the Year Award in 2017.

Farzana, from East Ham, said: "It was a pretty big award but I have grown because the apprenticeship has given me a broader perspective and skills. I have grown as a result of the things I have learned and achieved. I now have more of a sense of how to deal with staff members, how to help them improve, deal with staff rotas and I have improved some of my skills in areas like Maths and IT.

"Apprenticeships aren't just for people starting out. They are also a useful way of gaining additional skills even if you are already in a job. I would definitely recommend an apprenticeship to anyone, even if you already have enough educational qualifications."

The Lloyds Construction Skills Centre in Queen Elizabeth Olympic Park, in partnership with Newham Council and developers Lendlease, hosted events for young people as part of National Apprenticeship Week.

In addition to raising awareness about apprenticeships as a route to a fulfilling career within the construction industry, the events highlighted the opportunities being created by the scale of regeneration taking place in the borough.

More than 600 students attended Newham Sixth Form College's Apprenticeships Fair where construction companies from the Lloyds Construction Skills Centre exhibited the wealth of opportunities in the sector. More than 20 businesses attended including Transport for London, Bouygues, Galliford Try, Network Rail, Mount Anvil, and MACE.

MACE, who were responsible for construction work in the Olympic Village, said: "We have three students from Newham Sixth Form College on placement with us. We plan to employ more."



Farzana Saddiq

WITH APPRENTICESHIPS

Construction developers Mount Anvil hosted an event at the Stratford offices of the council's employment service Workplace. Students from Chobham Academy and Eleanor Smith schools saw the range of professional careers on offer in the construction sector. They took part in a mock contract tender exercise and had a go at designing their own apartments!

The Building Crafts College in Stratford hosted a two-day careers visit allowing pupils from Eleanor Smith and St Bonaventure's schools to find out about courses on offer. Len Conway, principal of the college, talked about courses that could provide the ideal platform for launching a career within the construction industry. He said: "It was a pleasure to meet the young people and I hope they have a better understanding of the building industry and the careers available within it."

If you are a Newham resident, Newham Workplace can help you find an apprenticeship course. Workplace keeps a database of residents who are interested in finding out about apprenticeship opportunities. Visit www.newhamworkplace.co.uk

Newham Council's Youth Employment Scheme offers residents aged between 16 and 18 the opportunity to gain new skills and qualifications while working for us. Trainees receive a weekly allowance of £180 during the two year programme, plus support to help them build their confidence and launch a successful career.

We advertise opportunities throughout the year. Visit www.newham.gov.uk/apprenticeships

For more information about careers in the construction sector visit www.goconstruct.org



Young people found out about a range of careers during National Apprenticeship Week



WHEN STROKE STRIKES, ACT F.A.S.T.

FACE
HAS IT FALLEN ON ONE SIDE?

ARMS
CAN THEY RAISE THEM?

SPEECH
IS IT SLURRED?

TIME
IF YOU NOTICE ANY OF THESE SIGNS
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DIAL 999

Search 'Act Fast'



NHS

Margaret Underwood, 79, cancer survivor

1 in 3 women who get breast cancer are over 70, so don't assume you're past it.

A lump isn't the only sign of breast cancer. If you notice any changes to your breasts, tell your doctor straight away.

BE CLEAR ON CANCER

Newham London

nhs.uk/breastcancer70

Do you have an idea for a New Social Enterprise but need funding to set up?

The Beyond Business Programme, Bromley by Bow Centre are offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. Applicants and the Social Enterprise must be located in these Boroughs.

What is the Beyond Business Programme?
Beyond Business has already launched a network of 70 plus Social Enterprises in the East End and provides:

- Start up funding,
- Strategic and business planning guidance, and
- Practical business support including training and mentoring.

Is my idea for a social Enterprise eligible?
To be eligible for a start up grant of up to £17,000 your idea for a Social Enterprise must:

- Have a clear social purpose and outcomes, such as employment for people with barriers to work, youth training, healthy living and local environmental improvements.
- Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding.
- Full eligibility criteria will be sent to all applicants.



How will Applicants be assessed?

- Stage 1: Applicants submit an expression of interest form for a panel review.
- Stage 2: Applicants successful at Stage 1 will be invited for an interview.
- Stage 3: Applicants successful at Stage 2 complete a business plan, with support from the Beyond Business team.
- Stage 4: Applicants successful at Stage 3 present their business idea and plan to an independent Dragons' Den panel on 25th September 2018 - funding then approved for successful applicants.

Need an expression of interest form?
Please contact: Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT
Telephone: 020 8709 9722
Email: Kim.Hayman@bbbc.org.uk

The closing date for Submission of Expressions of Interest is 5pm - 27th April 2018.

For any other information, please contact Kim Hayman





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Parking permits, bin queries and bulky and garden waste collection service requests are now online only.

www.newham.gov.uk/doitonline





Zero tolerance of form of abuse



Female Genital Mutilation (FGM) is a violation of the human rights of women and girls and a form of child abuse. This illegal practice can have significant long term health effects on survivors, including physical disabilities, psychological harm or even death. It is estimated that more than 4,000 women and girls in Newham have experienced some form of FGM.

Newham Council's commissioned Female Genital Mutilation (FGM) Prevention service, provided by Manor Gardens Welfare Trust, held an event to mark the International Day of Zero Tolerance for FGM. More than 100 people gathered at the University of

East London campus in Beckton, including students from Newham Sixth Form College and FGM campaigner Leyla Hussein.

Activities included animated films and discussion, talks on the emotional impact of the practice and a celebration of the achievements of FGM community champions in Newham. The champions take part in workshops throughout the borough, sharing information about the impact of the practice on women and girls, and the support that is available.

Noreen Mukalazi, women's support officer, said: "FGM has a devastating impact on all those affected by it. It is so important that the council,

our partners and the excellent FGM community champions come together at events like these. Together, we are sending out a strong message to our community that FGM is not tolerated."



Certificates for Community Champions

The FGM Prevention service is one of many services based within the Newham One Stop Shop, the council's domestic and sexual violence support service. If you or someone you know is experiencing or has experienced domestic or sexual violence, including FGM, free and confidential advice and support is available.

Call the 24-hr support line **0845 451 2547** or visit **www.newham.gov.uk/dsv** for more information.



Revised Bank Holiday refuse and recycling collection days

Collection day

Revised collection day

Monday 26 March	Saturday 24 March
Tuesday 27 March	Monday 26 March
Wednesday 28 March	Tuesday 27 March
Thursday 29 March	Wednesday 28 March
Friday 30 March	Thursday 29 March
Monday 2 April	Tuesday 3 April
Tuesday 3 April	Wednesday 4 April
Wednesday 4 April	Thursday 5 April
Thursday 5 April	Friday 6 April
Friday 6 April	Saturday 7 April

To check recycling collection dates for your area please visit www.newham.gov.uk/myneighbourhood and enter your postcode into the search. Please note that most recycling collections are fortnightly.

 **recycle for Newham**
visit www.newham.gov.uk/recycling



It's time to reapply for your Selective Licence.

Thank you for being a licensed landlord. Our licensing scheme makes Newham a better place to live – so make sure you join our 23,837 selective landlords in reapplying for your licence.

Your licence has expired but you can reapply now.

You now have until **29 March 2018** for the early bird discounted fee, which is just **£400**.

After this time the regular licensing fee of £750 will apply.

To apply, go to www.newham.gov.uk/propertylicensing and click 'Apply for a licence'.





Your chance to vote

From general elections to the European referendum to the election of the London Mayor, Newham residents have had plenty of opportunities to exercise their democratic rights in the past four years. But on **Thursday 3 May**, residents will vote on perhaps the most important political decision for the borough – **the election of the Mayor of Newham and its 60 councillors**.

Who can register

You can register to vote in this election if you are:

- aged 18 or over on Thursday 3 May, and
- a British or qualifying Commonwealth citizen, or a citizen of the Republic of Ireland or another European Union (EU) member state.

By law, everyone over 18 needs to register themselves individually.

When do you need to register to vote?

If you were registered to vote in last year's general election, and your details haven't changed, you don't need to register again.

However, if you've moved into Newham since the last election or moved within the borough, and haven't registered to vote at your new address, you'll need to do so.

If you're having problems registering, call us on 020 8430 2000.

How to register

You must apply to register by midnight on **Tuesday 17 April**. It takes just five minutes to apply at **www.gov.uk/register tov ote**. We cannot by law accept any late applications or correct your details after 17 April.

In most cases, the council will put you straight onto the electoral register. If there are any problems – for example, if the address on your application does not match our records – we will ask you to update your details.

It's a good idea to apply early, in case we need to ask you for more information. You must reply to any queries no later than **Wednesday 25 April**, otherwise you will not be registered to vote.

If you'd prefer to vote by post, you will need to apply for a postal vote by 5pm on **Wednesday 18 April**. You need to be registered to vote before you can apply for a postal vote.

For more information, visit **www.newham.gov.uk/vote**

Ignorance is no excuse

**You will be fined for putting out bulky waste
before booking a collection.**

Newham has issued more £400 fines for
fly-tipping than any council
www.newham.gov.uk/flytipping

Scenes have been
reconstructed using models.

Outdoor fun this Easter with ParkLives!

FREE



Newham Council in partnership with Coca-Cola is delivering another fantastic programme of ParkLives events for the whole family to enjoy.

ParkLives is back again and the 2018 Programme kicks off with the Easter programme on **Tuesday 3 April** through to **Friday 13 April**. Taking part in ParkLives sessions is a great way of staying active and trying new things.

The theme of this year's Easter Programme is the fantastic Commonwealth Games that will be taking place on the Gold Coast in Australia.

Although we can't take you to the Commonwealth Games, we can help you 'Share The Dream' by participating in fun themed activities such as:

- **Athletics** - Fun games and activities involving running, jumping and throwing.
- **Badminton** - Play badminton in the park with all equipment provided.
- **Basketball** - Shoot some hoops with ParkLives.
- **Boxing** - Learn the jab, cross, uppercut and more under expert guidance.
- **Cycling** - An inclusive and adapted cycling session with all equipment provided. Under 16s must be accompanied by a parent or guardian.
- **Netball** - Fun games and activities delivered by club coaches.

- **Rugby** - Come along and give rugby a 'try'.
- **Volleyball** - Fun games and activities for all the family.
- **Sumo wrestling** - The aim of the game is to push, pull, or belly-bounce to get your opponent out of the circle.
- **Table Tennis and Tennis** - Pick up a bat and ball this Easter at the outdoor courts and tables.

Due to popularity, we will also be including horse and pony rides at the Docklands Equestrian Centre in Beckton.

All sessions are free and last for around one to two hours and are hosted by fully trained, friendly leaders and volunteers. Activities are group-based, and everyone can go at their own pace.

All activities will take place in parks and centres across Newham.

For further information including times and locations, you can pick up a timetable from your local library or visit www.newham.gov.uk/parklives



STUDENTS STAGE HOTEL TAKEOVER



Students from Newham College took over two hotels as part of a programme to encourage more young people to work in the hospitality industry.

They spent three days managing the Holiday Inn Express London – Park Royal and five days at the Crowne Plaza City branch, as part of the InterContinental Hotel Group's National Hotel Takeover in partnership with People 1st.

The students performed a variety of roles across the hotels from checking in guests at reception, to serving food and beverages and even running house-keeping and room service.

Paul Stephen, Principal and Chief Executive of Newham College, said: "We are focused on giving our students the education and opportunities that can launch them into successful careers. Running Holiday Inn Express – Park Royal and Crowne Plaza City Branch with the hotel team members has given them invaluable employability experience."

Easter raffle will breathe new life into kitchen

A charity is running a raffle to raise funds to transform its current kitchen into a community kitchen for Newham.

The Renewal Programme, in Manor Park, has been supporting people to bring about change in their lives for the past 45 years. Those helped include refugees and migrants, those facing challenges relating to caring for a loved one, the homeless or those seeking to gain nationally recognised qualifications.

The charity wants to refurbish and transform its current kitchen into a community kitchen to benefit hundreds of residents by teaching them about healthy eating and nutrition.

The raffle has 32 prizes, including theatre tickets, restaurant vouchers and gifts. Tickets cost £2 and will be on sale until 28 March. The draw will be held on 3 April. Tickets can be purchased either from www.renewalprogramme.zaffo.com or the charity's head office at 395 High Street North, Manor Park.



新年快乐

Linguists head to China after winning top prize

Pupils from Kingsford Community School in Beckton have won first prize in the group category of the National Mandarin Speaking Competition, sponsored by HSBC, the British Museum and British Council.

They beat competitors from a number of high ranking private schools, including Westminster and Highgate, to claim top spot. The prize includes a trip to China for all of the prize-winning pupils.

The students who took first prize in the group competition were Amari Webb-Martin, Anamaria Stefania Andrei, Henna Khan, Danish Mahmood, Izabela Ivanova and Amna Nadeem. Kingsford's Seher Nadeem also achieved third prize in the individual speaking category.

Joan Deslandes OBE, head teacher at Kingsford, said: "I am deeply proud of our pupils for their victory in this prestigious national competition. This shows, once again, that given the opportunity our pupils can compete at any level."



The Mandarin speakers won top prize in the group category

Become a reading inspiration

Newham's libraries are appealing for young people with a love of books to volunteer and inspire children to read during the summer holidays.

Reading Hack is a volunteering programme led by young people aged 13 to 24 to encourage children to use their local library and inspire them to discover the pleasure of reading.

Volunteering can help kick-start your future career or further education with skills that employers and universities value including team working, mentoring, communications and leadership. To become a Reading Hack you must be a Newham resident and be willing to commit to a minimum of one week between July and September. If you are interested, go online at www.newham.gov.uk/readinghacker and fill in an application form to become a Reading Hack volunteer. Applications must be received by Sunday 1 July. For more information, email Library.activities@newham.gov.uk



Some of last year's reading volunteers

Students get lesson in forgiveness



Margaret and Barry Mizen with some sixth formers and teacher Andy Lewis

Students heard about the importance of forgiveness and the need for young people to be kind to each other from the parents of a teenager murdered ten years ago.

Margaret and Barry Mizen visited St Bonaventure's school in Forest Gate and spoke to two groups of students from Years 11 and 12.

Their son, Jimmy, was attacked and murdered on 10 May 2008 in a baker's shop in Lee Green in South East London after a glass dish was thrown at him during an argument.

The Mizens, through their For Jimmy charity, are very supportive of schools and teachers and work tirelessly travelling the length and breadth of the country sharing their message of love, peace, forgiveness and hope to young people. They stressed the importance of forgiveness and the need for young people to be kind to each other.

Kids' corner



PLEASE SEND OR EMAIL YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
or newhammag@newham.gov.uk

Don't forget to add your full name, age, address and contact number with your entry. We cannot return entries.

GALLERY



Simran Kaur Parmar, 10



Aisha Wanjau, 6



Kartik Manoj, 7



Rudra Rajeshbhai Patel, 12

Winner

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket to Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or **newhammag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit **www.picturehouses.co.uk** to see what's on.



Colour-me-in Crossword

Jokes

Q I am as light as a feather but the strongest man in the world can't hold me for five minutes. What am I?

A Breath.

Q Why won't your nose be 12 inches long?

A Because then it would be a foot.

Q How many books can fit in an empty backpack?

A One, because after that its not empty.

Q What starts with a P, ends in an E and has a million letters in it?

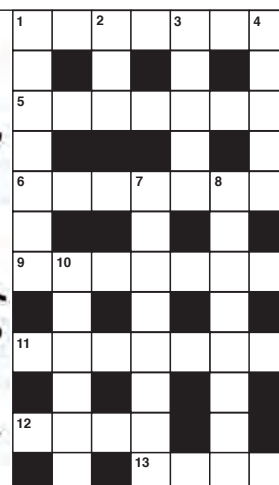
A Post Office.

Q Why don't seagulls fly over the bay?

A Because then they'll be bagels.

By Wadjan Butt, 7

Crossword



Across

1. Their ship might fly a flag with the skull and crossbones on it (7)
5. Zero (7)
6. Uncertain (7)
9. Anxious and worried (7)
11. Rooms below ground level in a house (7)
12. In this place (4)
13. Italy's capital city (4)

Down

1. This flightless seabird can be an Emperor, a King or a Macaroni (7)
2. Decay (3)
3. Two times (5)
4. Sweetener (5)
7. More beautiful (8)
8. Building which has a lot of tanks where fish and water creatures are kept (8)
10. Number of players in a football team (6)

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE

1

Easter Activities - A chance to join in with free, fun filled activities from 30 March to 13 April at Plaistow Library. Things to look forward to include a Bunny-themed egg and spoon race, arts & crafts, Easter egg decorating as well as karaoke and a drawing competition.

2

Stratford Singers - A free eight-week singing workshop where everyone is welcome to join in. No singing experience is needed. Fridays, from 6 to 7.30pm at Stratford Library.

3

Wheelchair Cricket - An opportunity for those aged 12 and over to take part in wheelchair cricket. Sessions take place on Thursdays, from 6 to 7pm at Newham Leisure Centre. Contact Bradley.Donovan@essexcricket.org.uk for details.

TRY SOMETHING NEW

HOLA EAST!

Free session for Spanish speakers or those who want to improve their skills in the language. Meet people, share information and learn about the Spanish culture on Tuesdays between 6.30 and 7.45pm, at Stratford Library.



Indicates free sessions

Libraries unless stated.

UNDER-FIVES



Storytelling



Mon, 10.30-11.15am, Custom House; **Tues, 10.30-11.30am, East Ham CNC**, **Tues, 10.45-11.30am, Tues, 1.15-2pm, Custom House & Canning Town CNC**; **Tues, 10.30-11.30am; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park CNC**; **Tues, 10.30-11.30am, Forest Gate CNC; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow**; **Mon, 10.30-11am, North Woolwich; Tues, 10.30-11.30am, Beckton Globe**

Stay and Play



Support for parents and carers to develop their child through play. **Tues, 8.15-10.15am, Thurs, 8.15-11.15am, Forest Gate CNC; Weds, 10am-12pm, Sat,**

11am-1pm, Stratford

Reading Together

Thurs, 2.30-3pm, Custom House

Baby Rhyme Time (Up to 12mths)

For babies and parents to enjoy songs, develop communication skills through sign. **Weds, 12.30-1.30pm, Manor Park CNC**

Triple P Parenting



Parenting techniques for children aged 18 months plus. **Tues, 5.30-7.30pm, East Ham CNC; Weds, 12.45-2.45pm, Manor Park CNC**

Bumps and Bundles Group

Interactive session for parents and carers of babies under 18mths. **Mon, 10am-12pm, Stratford**

Bumps and Babies



For babies under 12 months **Fri, 1-3pm, Forest Gate CNC**

Bubble Time and Nursery Rhymes

A free interactive session designed for children to engage with one another. **Sat, 12.30-1pm, Green St**

YOUNG PEOPLE



Chatterbooks (7-12)



A new book club to inspire young children to read for pleasure. **Sat, 2.30-3.30pm, Plaistow; Weds, 5-6pm, Forest Gate CNC; Tues, 4-5pm, North Woolwich, Mon, 4-5pm, Custom House; Mon, 4-5pm, Custom House CNC, Mon, 4-5pm, Beckton Globe; Mon, 3.30-4.30pm, Manor Park CNC; Sat, 3-4pm, Custom House CNC Weds, 4-5pm, East Ham CNC;**

Arts and Craft Workshop (6-12)



Sat 2-3pm, Custom House & Canning Town CNC; Sat, 2-3pm, Custom House;

Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Sat, 11am-12.30pm, Plaistow; Tues, 4-5.30pm, Forest Gate CNC

East Ham IT Youth Zone



Support in using IT for homework and fun. **Mon, 4.15-6.15pm, East Ham CNC**

Family Movie Club



Sat, 3-4.30pm, Green St (up to 12yrs); Sat, 2-4pm, Weds, 2-4pm (term breaks only) Plaistow; Sat, 5.30-7.30pm, East Ham CNC; Thurs, 4-6pm, North Woolwich; Fri, 4-6pm, Forest Gate CNC; Sat, 2-4pm, Beckton Globe, Sat, 4-5.30pm, Manor Park CNC

Lego Club

Create Lego models based on weekly themes. **Sat, 3-4pm, Forest Gate CNC; Sat, 2-3pm, Green St; Sat,**

2-4pm, East Ham CNC;
Tues, 3.30-4.30pm, Manor
Park CNC

Homework Club

Study support from
volunteers. Age: Varies site
to site. *Fri, 4-5pm, Beckton
Globe; Mon, 3.30-5pm,
Sat, 10.30am-12.30pm,
Plaistow; Fri, 4-6pm, Custom
House & Canning Town
CNC; Fri 4-5pm, East Ham
CNC; Mon, 3.30-4.30pm,
North Woolwich; Mon,
4-6pm, Stratford; Sat,
10.30am-12.30pm, Forest
Gate CNC*

Tae Kwondo Classes

Classes for 4-14-year-olds.
*Sat, 12-1pm, Custom House
& Canning Town CNC; Fri,
6.45-7.45pm, Green St
Contact Master Khan on
07984 684805 or email:
Khanqkblackbelt@yahoo.
co.uk*

Family Wallball

Fun social activity involving
left to right co-ordination
using a ball. *Sat, 10.30-
11.30am, Green St*

Let's Learn

Free study support session
for Key Stage 1 and 2. Need
help preparing for SATS?
Join our free fun learning
class which focuses on
English comprehension and
Maths. *Fortnightly, Sun,
2-4pm, Stratford*

Family Cookery: Food Academy

A family cookery group with
a different theme each week.
Book in advance. *Thurs,
4-5pm, East Ham CNC*

Games Club (7-16yrs)

Computer games, board
games and more. *Weds,
3.30-6.30pm, Forest Gate
CNC; Tues, 3.30-5.30pm,
Custom House; Thurs 3.30-
5.30pm, Plaistow*

Code Club (7-11yrs)

Bring your laptop if you
have one. *Sat, 10-11am
(beginners), 11am-12pm
(improvers), Custom House;*

*Tues, 4-5pm, Green St; Sat,
1.30-2.30pm, Beckton Globe*

April Half Term Activities

Free family fun including arts,
interactive games, storytelling
and much more. For more
information, visit or call the
library on 020 3373 0853.
*From Tues, 3 Apr until Sat,
17 Apr at Beckton Globe*

Holiday Colouring Fun

An invitation to little artists
to create magic in their
drawing and colouring time
while making their own
masterpiece. *From 3 to 6
Apr, 11.30am to 12.30pm,
Manor Park CNC*

Interactive Storytelling session

Families are invited to come
along to experience the joy of
reading and listen to stories.
*From 3 to 6 Apr, 1.30 to
2.30pm, Manor Park CNC*

Easter Holiday Craft Activities

Time for families to create
wide range of Easter themed
craft activities. *From 3 to 6
Apr, Manor Park CNC*

Easter Egg Trail

Start your hunt in Theatre
Square, Stratford to get your
first clue and follow the trail
around Stratford Shopping
Centre. Collect all clues,
solve the puzzle and you'll
win an Easter Egg and be
entered into a prize draw.

Cost: *Sat, 31 Mar, 12-3pm,
Theatre Square, Stratford*

Positive Mind-set for 2018

Free talk by inspirational
speaker and illustrator Kim
Wymer that will inspire and
give you that power boost
you need to approach life's
challenges and become the
happiest version of you. For
all aged 16 and over. *Weds,
28 Mar, 6-7.30pm Stratford*

ACTIVITIES AND SUPPORT



Chess Club

Tues, 4.45-6.15pm, Beckton;

*Mon, 5.30-7.30pm, and
Thurs, 5.30-7.30pm, East
Ham CNC; Thurs, 5.30-
7.30pm, Stratford; Tues,
1-2pm (adults), 5.30-7.30pm
(children), Forest Gate CNC;
Thurs, 5-6pm (beginners),
Thurs, 6-7pm (improvers),
Custom House; Weds,
6.30-7.30pm (adults), 5.30-
6.30pm (children), Custom
House & Canning Town
CNC; Weds, 5.30-7.30pm,
Green St; Thurs, 5-6pm,
Plaistow; Thurs, 5-6.30pm,
Sat, 11am-12.30pm, Manor
Park CNC*

Coffee Mornings

*Mon, 11am-12.30pm, North
Woolwich; Thurs, 10.45am-
12pm, Custom House &
Canning Town CNC; Tues,
11am-12.30pm, Custom
House, Third Tues of the
month, 10.30am-12pm,
Plaistow; Tues, 11.30am-
1pm, Beckton*

Do It Online (18+)

Computer classes. *Weds,
10am-12pm, Stratford; Tues,
2-3.30pm, North Woolwich;
Thurs, 1.15-2.15pm, Custom
House; Weds, 10am-12pm,
Plaistow; Mon, 1-2.30pm,
Custom House & Canning
Town CNC; 1.30-2.30pm,
North Woolwich; Fri,
2-3.30pm, Beckton; Thurs,
11am-1pm, Green St*

Life in the UK Classes

12-week course to support
prospective candidates who
wish to take the life in the UK
test and B1. Contact 020
8542 3904 for information.
*Weds, 12.30-2.30pm, Fri,
10am-12pm, Plaistow; Fri,
12.30pm-2.30pm, Green
St; Weds 10am-12pm, East
Ham CNC; 12.30-2.30pm,
Stratford; 10am-12pm,
Beckton*

English Conversation Club

Practise spoken English.
*Mon, 6-7.30pm, Weds,
10.30-11.30am, Manor Park
CNC; Thurs, 3-4pm, Rabbits*

*Rd Institute; Thurs, 5-6pm,
Stratford; Mon, 10-11am,
Jeyes C.C; Mon, 10-11am,
Plaistow; Third Thurs of the
month, 10.30-11.30am,
Green St; Mon, Fri, 11am-
12pm, Beckton Globe*

Poetry Group (16+)

*Mon, 6-7.30pm, Stratford;
Weds, 6-7.30pm, East Ham
CNC; Tues, 2-3.30pm,
Jack Cornwell C.C. email
sonesquin@hotmail.com*

Creative Writing and Poetry Group (16+)

*Thurs, 6.30-7.30pm, Custom
House & Canning Town CNC*

Book Club and Creative Writing Group

Hosted by Vaseem Khan,
author of The Baby Ganesh
Detective Agency Series.
Ages 15+. *Tues, 6-7.30pm,
Manor Park CNC*

Adult Reading Groups

Come and talk about your
favourite books and discover
new writers. *Third Sat of the
month, 10-11am, Custom
House; Third Thurs of the
month, 6.30-7.30pm, East
Ham CNC; First Thurs of
the month, 6.45-7.45pm,
Plaistow; Last Mon of the
month, 6.30-7.30pm, Forest
Gate CNC*

National Careers Service

Find out about different
careers and what
qualifications or skills
you require. To book, call
07415241941. *First and third
Thurs of the month, Stratford*

Memory Lane Café

People with dementia
and their carers can
come together and share
experiences, exchange
information and socialise.
*Last Thurs of the month,
1-3pm, East Ham CNC;
Third Weds of the month,
12-3pm, Jack Cornwell C.C,
First Fri of the month 2-4pm,
Canning Town CNC*

Together We Can

Fortnightly social group for adults under 50 who have had a stroke. *Fri, 2-4pm, Plaistow*

Dominoes (13+)

If you're new to domino games, or just need a brush-up on the basics come and join in. *Sat, 2.30-7pm, Beckton; Weds 2-4.30pm, Mon 1.30-4.15pm, Beckton C.C; Fri, 6-10pm, Forest Lane Lodge, Forest Lane Park, Magpie Close, E7*

Dementia Cinema

Aimed at dementia patients. Refreshments provided. Cost is £4 although carers go free. Advance booking is required for wheelchair users. *Last Monday of month, 12.30pm, Stratford Picture House, Gerry Raffles Square, E15*

Citizens Advice Sessions

Free advice sessions on money management, energy saving tips as well as debt and income maximisation. By appointment only. *First Mon of the month, 11am-1pm, Manor Park CNC*

Skills For Life

Sessions run by Step-up community education, free English classes which include speaking, listening, reading and writing. *Tues, 10.30am-12.30pm, Weds, 10.30am-12.30pm and 5.45-7.45pm, Thurs, 5.45-7.45pm, Green St*

Workplace Drop-Ins

For Newham residents looking for employment to discuss job vacancies and training. *Thurs, 5 Apr, 3-5pm, Manor Park CNC; Thurs, 5 Apr, 2-5pm, Custom House & Canning Town CNC; Weds, 4 April, 3-5pm, East Ham CNC; Weds, 4 Apr, 2-4pm, Stratford. For more information, email: Rehana.b@newham.gov.uk*

Grants Surgery

Advice session for residents

wanting to be a Community Builder, or apply for a Newham Let's get the Party Started or Go For it Grants. *Weds, 11am-12pm, Green St; Tues, 11am-12pm, Forest Gate CNC*

Help Keep Forest Gate Clean

Join your community and help make a difference to your neighbourhood. Activities will include fly poster removal, litter picking and reporting larger issues such as fly tipping, via the Newham App. *Last Thurs of the month, 10am-12pm, Forest Gate CNC*

ICT Drop in

Support with emails, My Newham, Parking permits. *Tues, 11am-12pm, Green St; Weds, 11am-1pm, Forest Gate CNC*

Positive Life Skills (15+)

Increase your self-esteem by knowing yourself and learn positive life skills for new opportunities taught by experienced coach. *Sat, 11am-12.30pm, Manor Park CNC*

Creative English

Programme of English speaking and listening lessons from the 'Faith in Action' charity. Suitable for beginners who need functional English skills. Women only. *Weds and Thurs, 1.30-3pm, Tues, 1.30-3pm, Green St*

Home Creations Craft Group

This new crafts group is a chance to meet your neighbours and develop your creativity while producing something special to brighten your home. *Tues, 10.30am-12.30pm, East Ham CNC*

Creative Writing

Explore different means of self-expression using various styles of writing. Learn new

skills and make new friends. *Sat, 11am-1pm, Stratford*

Reading for Pleasure Group

Join our reading group, make new friends and explore the world of reading. *Fortnightly, Thurs, 6.30-7.30pm, Stratford*

East Ham CNC Meet and Greet

Are you a new library member or do you just want to know more about the services that we offer? Then come and meet the team, take a tour and find out more. *First Thurs and Tues of the month, 9.30-11.30am, East Ham CNC*

Pamper Coffee Mornings

Be pampered while enjoying a cuppa. *Third Thurs of the month, 11am-1pm, East Ham CNC*

Time for Technology

Drop-in session to get you online. *Fri, 2-3.30pm, Forest Gate CNC*

Knit & Natter (16+)

Fri 10am-12pm, Custom House & Canning Town CNC; Weds 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park CNC; Fri, 10am-12pm, East Ham CNC; Weds, Fri, 10am-12pm, Plaistow; Green St; Tues, 10.30am-12.30pm, Tues, 11am-1pm, Forest Gate CNC

Youth Activity Discussion (13-17)

If you are aged between 13 and 17, come along to Plaistow Library to have a discussion about what activity you would like to see in your local library. *Mon, 4.30 to 5.30pm, Plaistow*

COMMUNITY ACTIVITIES



Newham Super Choir

All ages. *Tues, 10.30am-*

12pm, Beckton C.C.

Beckton Women's Group

Enjoy a variety of skills including sewing, fruit decorating and dancing at a cost of £2 per session. *Tues, 10.30am-12.30pm, Beckton C.C.*

A1 Judo Club

Get fit while learning a martial art at judo sessions on Mon, Weds, 6.30-7.30pm for children (£6 per session) and 7.30-8.30pm for women (£5 per session) at Flanders Community Centre, in Napier Rd, East Ham

Health is wealth

Women's health based group. For more information please contact healthiswealthproject@outlook.com *Last Mon of the month 12-2pm, Beckton Globe*

Career Progression Hub

To book call 020 7476 1666 *Weds, 3.30-7.30pm; Thurs, 2.30-4.30pm; Fri, 1-4pm at RDLAC, Albert Road North Woolwich, E16*

Self defence and fitness

Fri, 8-9am, East Ham CNC

Journey to Justice

Exhibition Launch (10+)
History focused art exhibition about the civil rights movement. *The exhibition will run until Sat, 31 Apr, Beckton Globe Library*

North Woolwich Voices (16+)

Community singing group. No experience required. *Mon, 6.30-7.45pm, Woodman Community Centre, Woodman St, E16. Contact northwoolwichvoices@gmail.com*

Spring Clean Your Health

Healthy living taster sessions, advice to help you stop smoking and free health checks. *Mon, 26 Mar, 1.30-4.30pm, Canning Town CNC*

BOXING AND SELF DEFENCE



Boxing and Self Defence
Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C.

West Ham Boys ABC
Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

Women's Boxing
Mon 9.15-10.15am, Katherine Rd C.C.

Taekwondo (4-14) ★
Learn new martial arts skills. Sat, 12-1pm, Custom House & Canning Town CNC

Capoeira (18+) ★
Brazilian martial arts and dance with music. Mon, 4-5pm, Custom House & Canning Town CNC

HEALTH AND FITNESS



Salsa Dancing (18+)
Mon, 3.15-4.45pm, Beckton C.C.; Sat, 6-7.30pm, Stratford; Sat, 2.30-4.30pm, Forest Gate CNC; Thurs, 6-7.30pm, Beckton Globe; Fri, 6.15-7.15pm, East Ham CNC

Yoga
Free. Mon, 6-7pm, Beckton; Weds, 6-7.30pm, £2, East Ham Town Hall; Thurs, 8-9am, East Ham CNC; Sat, 10am-12noon, £1 Plaistow; Thurs, 6.15-7.45pm, Thurs 8.15-9.15am, (over 50s) Forest Gate CNC; Fri, 8.05-8.45am, Custom House & Canning Town CNC; Thurs, 6-7.30pm, Stratford; Tues, 1.30-2.30pm, £1, Mon, Tues, 6-7.30pm Green St; Weds, 12.30am-1.30pm, Katherine Rd C.C. First class £5, then £8, Mon 7.15-8.45pm, Maryland Studioz, Leytonstone High Road, E15

Stroke Club (18+) ★
For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Rd C.C.

Pilates Classes (18+) ★
Mon, 9.30-10.30am, Jack Cornwell C.C.; Thurs, 6-7pm, Manor Park CNC; Thurs, 8-9pm, East Ham CNC

Tai Chi in the Park (18+) ★
Forest Lane Park, E7. Meet at corner of Forest Lane and Magpie Close. Mon, 10.15-11.15am

Modern Arnis
Filipino martial art with sticks. Tues, 4-5pm (children), Thurs, 5-6pm (women), Sat, 11am-12pm (children), Jack Cornwell C.C.

Zumba
Registration essential. Bring water and a towel, for all ages and abilities. Mon 9.30-10.30am (£3) Fri 9.30-10.30am (£2) Over 50s free, Jack Cornwell C.C.; Fri 6-7pm (free) Custom House & Canning Town CNC; Weds, 6.30-7.30pm (free) Manor Park CNC; Tues 5.30-6.30pm (free) Stratford

Space For Me (16+)
Health and wellbeing fitness class with friendly conversation. Women only, £2 per session. For more information, call or text 0794 983 6036. 9.30-11am, Beckton Globe Youth Zone

Breathe Easy Group
For people with lung conditions. Over 18s. First Thurs of month, 12.30-2.30pm, Beckton C.C.

Nordic Walking
Contact 07787 731809 for details. Weds, 9.15-10.15am, Forest Gate CNC

Plaistow Social Walk
Social walk to improve fitness and make friends.

Tues, Sat, 10-11am, meet at Plaistow Library

Woodside Badminton Club
Players of intermediate standard welcome and concessions will be given. Cost for two-hour session is £5. Call club secretary on 07956 150 240 for more details. Fri, 7.30-9.30pm, at Carpenters & Docklands Centre, 98 Gibbons Rd, Stratford.

50+ ACTIVITIES



Quadrille Dancing ★
Try this classic dance style. Mon, 1.30-2.30pm, East Ham CNC

Bingo ★
Mon, 11.30am-1.30pm, Beckton C.C.; Mon, 12-4pm, Jeyes C.C., Thurs, 7-9pm, Jack Cornwell C.C.

Active Centre Group ★
Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

Dominoes Group ★
Weds, 1.30-4.30pm, Plaistow

Get Active, Get Healthy, & Exercises for Fitness ★
Thurs, 11am-12pm, Jack Cornwell C.C.

Chair Based Exercise
For all fitness levels. Fri, 10.30-11.30am, East Ham CNC; Tues, 12.30-1.30pm, Manor Park CNC; Mon, 10.30-11.30pm, Green St; Mon, 12.30-1.30pm, Jeyes C.C.; Fri, 11.15am-12.15pm, Forest Gate CNC; Weds, 1-2pm, Canning Town CNC

Fitness ★
Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.

Zumba
Women only session. Tues, 10-11am, Forest Gate CNC; Weds, 12-1pm, Canning Town CNC; Tues, 1-2pm, Katherine Rd C.C.

Bollywood Moves
Women only. Mon, 10.30-11.30am, Thurs, 11-12pm, Katherine Rd C.C.

Ballroom Dancing
Join Stratford Latin and ballroom dance classes. Mon, 12-12.45 for beginners, 1-1.45pm for advanced, Carpenters and Docklands Centre

Get Active, Get Healthy, - Line Dancing for Fitness ★
Come along and learn the choreographed dance of line dancing. Thurs, 10.30-11.30am, Bryant St C.C.

Smart Project
Social Group for the over 50s. Join in with a lively discussion, social networking and refreshments. Thurs, 11am-1pm, Jeyes C.C.

Fitness Exercise for men
Thurs, 2.30-3.30pm, Katherine Road C.C.

Fit Steps
Dance class for all abilities. Tues, 11.45am-12.45pm, Forest Gate CNC

Line Dancing
£1 per session. To book, call 020 7476 1666. Royal Docks Learning & Activity Centre, Albert Rd, E16; Mon, 6.30-7.30pm, Canning Town CNC

Home Creations Craft Group
Come and make a beautiful decoration for your home using recycled objects and craft materials. Mon, 10.30-12.30pm, East Ham CNC

Singing for Health ★
Sing a variety of musical styles. Tues, 2-3.30pm, Jack Cornwell C.C.

Over 60s Social Club

Social club with dominoes, board and card games. **Fri, 12.45-2pm, Canning Town CNC**

Get Fit in the Kitchen

Healthy cooking, booking required. £5 deposit when booking. For more information, call Katherine Road C.C on 020 8548 9825. **Mon, 12.30-2pm, Katherine Road C.C**

GREEN



Greenway Orchard Volunteering

Thurs, 11am-2pm, Greenway access from Boundary Rd, E13

Pit Stop Gardeners

Join our group of community gardeners led by Project Green Thumb with a range of different sites and gardens to visit across East Ham. **Weds, 9.30am-12pm, East Ham CNC**

Newham Green Gym

Conservation at East Ham Nature Reserve, Norman Rd, E6. **Weds, 10am-1pm and last Sat of month.** See www.newhamgreengym.org for details

Community Gardening

Tues, 11.30am-2.30pm, St John's Green, Albert Rd, E16; Tues 10.30am-12.30pm, Beckton C.C.

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Modern Arnis Martial Arts (16+)

Tues, 5-6pm. Call 07473 030 250, Jack Cornwell C.C.

Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C., Vicarage Ln,

E6. £1. Call 07741 292893; Thurs, Pilates, 7-8pm, £2. The Froud Centre, Romford Rd, £12. Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16. £2.50

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Ability Club (14-25)

Multi sports for disabled young people. **Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13. Contact Paul495@btinternet.com or call 07811 671 082**

RUNNING AND ATHLETICS



Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756
www.parkrun.org/beckton

East End Road Runners

Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. **Tues and Thurs, 7pm. Sun, 9am. Call 07979 261647**

Running and Athletics

Newham & Essex Beagles Athletics Club. Visit www.newhamandessexbeagles.co.uk for more details

SPORTS



Black Arrows Badminton Club

Adults: **Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173**

Adult Tennis (16+)

Sun, 10-11.30am, 11.30-1pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: playtennis@activenewham.org.uk

FOOTBALL



AIR Football (16+)

Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

BASKETBALL



Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

Senior Programme

Division 2 women and division 3/4 men. Rokeby School, E16. **Mon, 7.30-9.30pm** Call 07947 401616

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. **Weds, 28 Mar, 7pm, Health & Wellbeing Board; Thurs, 5 Apr, 5pm, Cabinet; 5.05pm, Mayoral Proceedings.**

CONTACT THE MAYOR

Here to Help sessions

Please register 30 minutes before session starts. Thurs, 5 Apr, 12pm, Stratford Old Town Hall, The Broadway, Stratford E15

Telephone surgery

Weds, 28 Mar. Please call 020 8430 2000 between 10am and 11am and leave your contact details.



CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOOD CENTRES

Beckton Globe 020 3373 0853
Custom House & Canning Town CNC 020 3373 0854
Custom House Library 020 3373 0855
East Ham CNC 020 3373 0827
Green Street 020 3373 0857
Forest Gate CNC 020 3373 0856
Manor Park CNC 020 3373 0858
North Woolwich 020 3373 0843
Plaistow 020 373 0859
Stratford 020 3373 0826
Archives and Local Studies 020 3373 6881

COMMUNITY CENTRES (C.C)

Beckton C.C. 020 7511 1214
East Ham Market Hall 020 8471 0292
Jack Cornwell C.C. 020 8553 3459
Jeyes C.C. 020 3373 2205
Katherine Rd C.C. 020 8548 9825
St Mark's C.C. 020 7474 1687
Vicarage Ln C.C. 020 8519 0235
Harold Rd Centre 020 8472 2805
Queens Market 020 8475 8971
Rabbits Rd Institute 020 3373 0858
Royal Docks Learning Activity Centre 020 7476 1666
St John's Church 020 8503 1913
St Bartholomew's Church & Centre, 020 8470 0011
The Community Resource Centre, 020 3373 2697
St. Paul's Church Centre, 020 8552 9955

LEISURE & SPORTS VENUES

Atherton Leisure Centre 189 Romford Rd, E15
Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16



Cricket ticket giveaway

Exclusive offer for Newham residents

Up to 100 tickets are up for grabs for all Essex Cricket Specsavers County Championship and Royal London One-Day Cup home games.

Successful applicants will automatically be entered into a ballot to win two tickets for the first day of the tourist match against India (25 July).

To apply, visit www.newham.gov.uk/cricket and enter your details via the online form*.

*Terms and conditions apply.



Essex  Cricket

Newham London

HAVE YOU REGISTERED TO V^xOTE? MAKE SURE YOU'RE IN!

www.gov.uk/register-to-vote

Deadline to register: Tuesday 17 April



YOUR VOTE MATTERS
DON'T LOSE IT

